



INITIAL EVALUATION ACTION PLAN

Patient Name _____ PT _____ Date _____

My Personal Goals

First Win

Big Win

Ultimately, I'd love to

My Contributing Factors

Pelvic Floor _____

Orthopedic _____

Nervous System _____

Big Picture _____

My Action Plan

To start my pelvic health journey, I need to schedule:

_____ x/ week for _____ weeks

For my next appointment I will be focusing on:

1

FIND THE WHY

Analyze all contributing factors to determine what is the underlying cause for the issue.



2

HEAL THE ISSUE

Work to bring down symptoms by treating all contributing factors.



3

HOLISTIC CHANGE

Once the system is challenged and results are held, begin to reduce visit frequencies while maintaining lasting change.